**NEW! Adaptive Martial Arts**

**This program has been specifically designed for individuals with physical disabilities. Participants will build self- confidence and focus on self defense.**

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**Register Now For Fall!**

**Sundays 11:30- 12:30 pm beginning 9/16**

**at the Abington Y**

For more info, contact Michelle McGuire at 215-884-9622 ext. 1822